

**Advocacy Enquiry Form**

MindOut’s Lesbian, Gay, Bi, Trans and Queer mental health advocacy service is run by and for LGBTQ people and is free, confidential, non-judgemental and independent from other services and professionals.

A MindOut advocate can:

* listen to any concerns you have about your mental health or wellbeing
* talk with you about any issues related to your LGBTQ identity
* help you to have your voice heard on issues that are important to you
* help you to defend and safeguard your rights
* help you to have your views and wishes considered when decisions are being made about your life

To speak to one of our advocates, please let us know:

Your name ……………………………………………………………………………………………...

Your preferred pronoun …………………………………………………………………………………

Your contact details …………………………………………………………………………………….

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Have you used the MindOut Advocacy service before? Yes / No

Do you have any information or communication needs (for example, relating to disability or sensory loss)? If so, what are they? ...................................................................................................................................................................................................................................................................................................................................................................................................................................................................................

Please say briefly what you would like advocacy support with/for (optional):

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Please send this form by email to: [info@mindout.org.uk](mailto:info@mindout.org.uk)

If you prefer, you can print and post this form to MindOut, Community Base, 113 Queens Road, Brighton. BN1 3XG

You can also get in touch with an advocate: by telephone **01273 234 839** or via our out of ours online support service through our website **www.mindout.org.uk**